Having **Good** Mental Health

• • • is an essential component of good physical health. In Mississippi, mental health problems are more common than you may think. One in four people will experience a mental illness in their lifetime. Many people do not seek help because of the misconceptions about mental illness. This is why the MS Department of Mental Health and the MS Think Again Network are encouraging you to change the way you think about mental health!

Here are some things you can do:

- Treat people with mental health needs with respect and dignity, as you would anybody else.

- Encourage your friends and family to talk about mental health and any problems they may be facing. Don't be ashamed or embarrassed to seek help for yourself or to encourage your friends and family to seek help.

- Teach children about mental health. By beginning education at an early age, we can change perceptions and encourage good mental health.

- If you or someone you know is having thoughts of suicide, don't keep it a secret. Shatter the silence – speak up and talk to someone you trust.

For more information visit www.dmh.ms.gov, or call the DMH Helpline,

1-877-201-8513.

think again